

ACCF' FRATION

frappier

summer 2005

TRAVIS HAFNER

training his way to the
big leagues

→ **NUTRITION:**
protein for athletes:
how much, what kind,
and when

→ **MIKE CRADDICK**
takes it to a new level

contents

summer.05

9

Today's Athlete

Travis Hafner: Training His Way to the Big Leagues

Making it to the "big show."



Photo: Gregory Drezdzon



3

Acceleration Nutrition

**Protein for Athletes:
How Much, What Kind, and When**

Athletes can meet all of their protein needs through REAL foods.

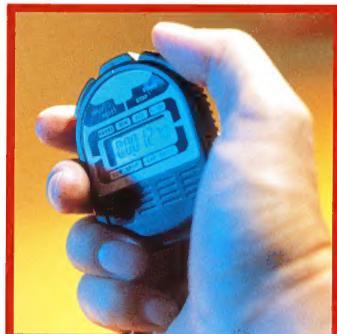


15

Inside Acceleration

**Taking It to a
New Level**

Acceleration's training program improves Mike Craddick's abilities on the track.



17

FANTastic Athletes

A section dedicated to highlighting Frappier Acceleration Network's standout athletes.

WE WELCOME YOUR OPINION!

Frappier Acceleration Magazine
Attn: Kim Werlinger, Editor
2301 25th Street South, Suite E
Fargo, ND 58103
Phone: 701.241.9018
Fax: 701.232.0119
E-mail: info@frappieracceleration.com
www.frappieracceleration.com

Cover photo and inside feature photos provided by Gregory Drezdzon.
Designed and printed by Image Printing, Inc., Bismarck, ND. All rights reserved.
Reproduction in whole or in part without permission is prohibited.
Copyright 2005 Frappier Acceleration Sports Training. Frappier Acceleration® is a registered trademark in the United States, Canada, and other jurisdictions by Frappier Acceleration Sports Training.



TRAVIS HAFNER

trains his way to the **big leagues**

> Greg Mergens

Being a professional athlete does not happen over night. This is especially true of professional baseball players. While other professional leagues like the National Basketball Association and the National Hockey League have some players jump into the league immediately after high school, that isn't the case with Major League Baseball. Baseball has many different levels of minor leagues that a player must prove himself in before being brought up to the "big show". **Travis Hafner**, the designated hitter for the Cleveland Indians, is a testament to this process. Hafner, who is in his third season in the big leagues after spending over six years in the minors, credits the many hours training with the Frappier Acceleration programs for helping him achieve many of his baseball goals.

Hafner is affectionately known by his teammates as the Pronk, which evolved from a combination of a couple of different nicknames. His large stature (6' 3" and 240 lbs) and his big leg kick when he swings the bat originally earned him the nickname "Donkey" by his teammates. Others referred to him as "The Project" due to his long tenure of being brought along over the years instead of being immediately thrown into the highest levels of baseball. During his rise through the minors, he used off-season training with Frappier Acceleration programs to get him in the condition he needed to make the transition to the big leagues.

Hafner has natural athletic ability and was a gifted athlete growing up near Bismarck, North Dakota. Following a successful high school career in baseball, basketball and track, he accepted a baseball

scholarship at Cowley and also helped them win the 1997 National Junior College Athletic Association World Series and earned the series MVP honor.

Hafner's college success was proof enough of his abilities for the Texas Rangers and following his 1997 season at Cowley, they signed Hafner to a professional baseball contract. He was assigned to the Ranger's rookie league where he started his professional career. Following his rookie season, he spent two successful seasons at the A level in Savannah. During this time, he decided he wanted to find some off-season training that would give him the edge to get him to

the next level. "I had heard people talking about the Frappier Acceleration programs and how tough they were, so I thought I should check them out," explained Hafner. At the time, Hafner was living in the off-season in Fargo, North Dakota, so he contacted Frappier Acceleration Sports Training in Fargo to begin his conditioning program.

While many baseball players work with the different Frappier Acceleration programs to improve their hitting and throwing, this

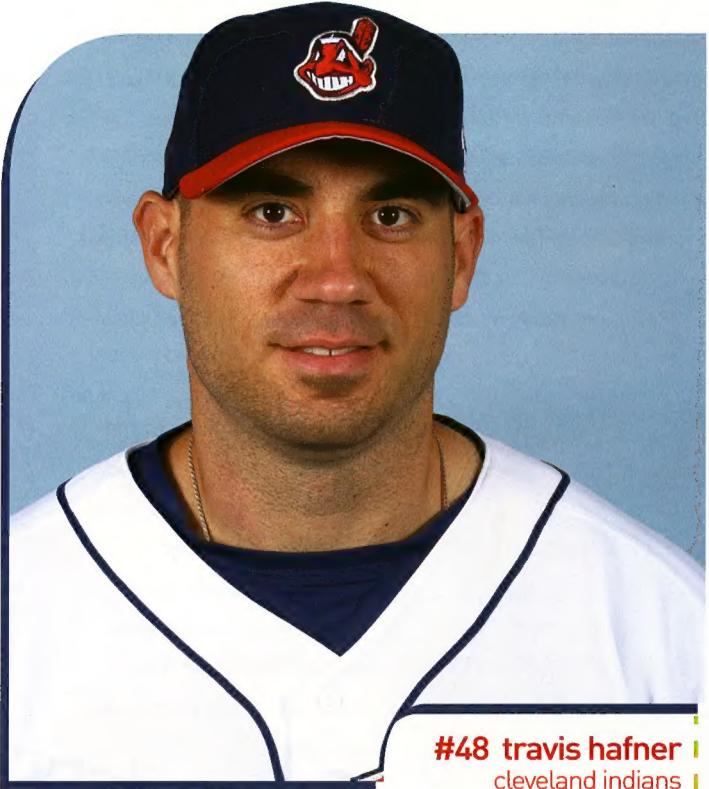


scholarship at Cowley County Junior College in Kansas, enrolling in the fall of 1996. Following a successful freshman year, he drew the attention of Major League Baseball's Texas Rangers who selected him in the 1996 amateur draft. During Hafner's college career he earned All-American

wasn't Hafner's agenda. "I was interested in getting faster and becoming more agile which would help me defensively," explained Hafner. He also wanted to focus on core strengthening activities, which he thought would ultimately help with both his hitting and throwing. Following his first

"Any athlete can **benefit from [the Acceleration] programs regardless of the sport..."**

Photo: Gregory Drezdzon



#48 travis hafner
cleveland indians

2004 stats

designated hitter

6' 3" / 240lbs

106 RBIs

.433 OBP [best in AL]

.344 BA

.690 SLG [best in AL]

runner-up for AL Designated Hitter Award

League Baseball. He finished the 2004 season second to Boston's David Ortiz in runs batted in (RBI) by a designated hitter (109 to 106). Hafner's RBI total fell shy of tying Andre Thornton's franchise mark of 109 RBIs set in 1982. Overall for the year, his 106 RBIs were ninth among all American League hitters. Hafner finished in ninth place on the AL MVP ballot and was runner-up to Ortiz in the American

League Designated Hitter Award balloting. Hafner also led the American League in slugging (.690) and on-base percentage (.433), while his .344 batting average was fourth of right-handed pitchers.

Hafner's off-season conditioning program has become a main stay for him, but also for other professional baseball players as well. The boys of summer no longer lollygag into spring training in Florida and Arizona in February with the intention of using the two months before the season opener to get into shape. "Off-season conditioning is quintessential," stated Soloff, who has worked with Major League Baseball players for more than seven years and noticed Hafner's off-season conditioning. "Travis goes about his business in an extremely professional manner in preparing for game-time activities. He is very meticulous and there's no question that come game time, he will be ready to compete."

Hafner's training and persistence paid off on April 15, 2005, when the Indians rewarded him with a \$7 million, three-year contract. But this new-found wealth is not security and will not deter him from his off-season training. "All the players have to come into spring training on day one in decent shape because there are so many more people challenging you for your job," explained Hafner.

During Hafner's rise to the top of the ranks in professional baseball, he has seen many different training programs that try to get people in better mental and physical shape. "What I really liked about the Frappier Acceleration programs is that they test you both before and after each level so you know where you stand," explained Hafner. "The people are also very good about tailoring the program to meet your needs."

With success stories like Hafner's, one would think more baseball players would be using the Frappier Acceleration programs. "Not that many baseball players are doing the type of training that the Acceleration programs offer and that's unfortunate," acknowledged Schulz. "Any athlete can benefit from these programs, regardless of the sport, because the better shape you are in, the less tired you are, and it helps your self-esteem and gives you an extra edge." Hopefully Hafner's path to success as a professional baseball player can be a roadmap for other athletes to follow. □